

This Book Belongs to

of Grade_____

. . . IN THE . . .

**Sarnia Collegiate Institute
and Technical School**



The school motto "Sic Itur Ad Astra" is a quotation from the Latin poet Virgil and may be translated "Thus man rises to the stars."

The school colors are Royal Blue and White.

Brief Summary of School History

The date 1851 on the school crest probably signifies the start of the first grammar school in Sarnia, in a small building on Christina Street, opposite St. Andrew's Church. The date 1922 on the crest commemorates the opening of the present school on Wellington Street and the beginning of the Technical Department. For the preceding thirty-one years the home of the school was the old Collegiate on London Road, now used for public school classes.

The St. George's cross on the school crest is very appropriate since it is the emblem of the Island of Guernsey and therefore the City of Sarnia. (Sarnia is the Latin name for Guernsey and was chosen for this city on that account by Sir John Colborne, formerly governor of that Island and governor of Upper Canada about 1830.)

CARE, COURTESY, COMMON SENSE

As a pupil of the Sarnia Collegiate Institute and Technical School, I am expected to exercise care, courtesy and common-sense.

Care—in my use of the school building and grounds and of the equipment provided by the educational authorities of the city and by my parents.

Courtesy—towards the members of the Teaching Staff, the Maintenance Staff and my fellow pupils.

Common-Sense—In my attitude towards school life, I should remember that success in school, as in every other line of work, depends on effort as well as ability. For this reason it is important that I attend regularly and punctually, pay attention to what is being taught, and look after my class and home study methodically and conscientiously.

I should aim at taking advantage of all the opportunities of High School life, both inside and outside the classroom and bear in mind that while I hope to have a good time I ought also to be preparing myself to be not only a credit to my home and my school but a good Canadian—of service to my country in both war and peace.

RULES OF THE SCHOOL

1. On returning after absence, a pupil must bring a note from parent or guardian stating the reason for such absence.
2. If late for class, a pupil must obtain an admit slip from the school office. If the reason for lateness is adequate, the slip will be marked excused. If not, a late penalty may be imposed by the home room or class teacher, the Assistant Principal or the Principal.
3. All study periods must be taken in the study hall assigned. Pupils may at no time leave the school without permission from the office.
4. Physical Education is compulsory for all pupils except those excused by a Doctor's certificate from certain portions of the work. All pupils using the gymnasium must wear rubber-soled shoes. All boys physically fit are expected to be members of the Cadet Corps.

SUGGESTIONS TO THE NEW PUPILS—AND THE OLDER ONES AS WELL

1. Mark all your belongings in ink—books, gym. shoes and suits, etc. All pupils are expected to be honest, but a few may not be. Help them and yourself by making it difficult for them to take what doesn't belong to them.
2. Turn in promptly to the office, all articles found; report to your teachers and to the office all articles lost.
3. Keep your lockers closed and locked.
4. Put your bicycle, if you ride one, in the bicycle rack, and keep a lock on it.
5. Be careful to keep with you your books, fountain pen, pencils and other belongings. Ninety percent of our troubles are caused by carelessness.
6. Have three copies of your time-table—one in your main note book, one at your locker, and one at home.

TIME TABLE

Name **Grade** **Room**.....

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Period 1 8:45 9:20					
Period 2 9:20 9:55					
Period 3 9:55 10:30					
10:30 10:45			Assembly		
Period 4 10:45 11:20					
Period 5 11:20 11:55					
11:55 1:20			NOON RECESS		
Period 6 1:20 1:55					
Period 7 1:55 2:30					
Period 8 2:30 3:05					
Period 9 3:05 3:40					

EQUIPMENT NEEDED FOR VARIOUS SUBJECTS

[illegible]

SUGGESTIONS ON "HOW TO STUDY"

Regular attendance, preparedness for work, alertness in class and the taking of brief but careful notes will reduce the time you need to spend on home study. However, a certain amount of "home-work" is necessary for drill and review. The following suggestions are useful in learning how to study to best advantage:

1. You cannot study effectively if you are tired out. Therefore start early in the evening unless you find by experience that some other time of day is better for you individually.

2. Try to have a reasonably quiet place to yourself where you can keep your books and do your work. Have a good light to save your eyes. Concentrate on what you are doing.

3. Plan your work before you begin to study—list the different things you have to do and the time you can spend on each. The average Grade Niners should do about one and a half hours home-work a night five nights a week. You may require a little more or need a little less. But remember that a little review of back work is always a good idea if you have a few minutes left over.

4. Do first the work you find most difficult or least interesting. Then tackle the other subjects which come more easily. Wind up with a brief review of the more difficult.

5. Understand before memorizing. Never try to learn by heart what you do not grasp. Hence the need for attention in class, good notes and a careful reading of your text.

6. If you have a difficulty that you cannot solve for yourself by thought and trial, make a note of it and have ready a definite question to ask at next day's class in this subject.

7. Above all, don't "day-dream." Keep your mind on what you are doing. It is extremely valuable to learn to concentrate and use your mind to best advantage. Work as quickly as you can, consistent with good results, and do not spend too long on any one subject. On the other hand, too short a time is of little, if any, value.

Make up your mind at the beginning of the term that you are going to succeed and stick to your resolve. Be systematic and persistent. You will find that the more you get to know about a subject, the more you will like it, and the more you like it, the better you will succeed with it. Don't be satisfied with a 50% result.